

ABSTRACT

[Problems] The present invention provides a method for efficiently utilizing crustaceans, particularly, krill as resources. More particularly, the present invention provides a method for efficiently recovering and utilizing lipophilic effective substances such as carotenoids, highly-unsaturated fatty acids, and phospholipids which are components thereof.

[Means for Solving the Problems] There are provided an aggregate of eyeballs of a crustacean; use of an aggregate of eyeballs of a crustacean as a supply source of a carotenoid, highly-unsaturated fatty acids and/or phospholipids; a food or a nutritional hearth supplement for furnishing a carotenoid, highly-unsaturated fatty acids/or phospholipids, which contains an aggregate of eyeballs of a crustacean as it is or in a pulverized state; and a process for producing an aggregate of eyeballs of a crustacean containing reducing a water content of the crustacean to facilitate the separation of the eyeballs and separating the eyeballs from a fish body by physical impact, followed by recovering them. The crustacean is preferably krill or mysid.